

Table 2
School Lunch Menu Criteria
Healthier Montana Menu Challenge

Menu Criteria	Clarification
Three different fruits and five different vegetables offered each week.	At least one vegetable must be offered each day. Juice (fruit or vegetable) may only be counted two times per week.
Dark green or orange vegetable or fruit offered three or more times per week.	Examples of dark green/orange fruits and vegetables are provided in the USDA Nutrient Guidance Attachment A referenced below. Juice (fruit or vegetable) may only be counted two times per week.
Fresh fruits or raw vegetables offered three or more days of the week.	
Good source of Vitamin C offered each day.	Use the below referenced USDA Nutrient Guidance (Attachment B-1 and B-2) for determining nutrients in specific serving sizes. Every child must have the opportunity to select food(s) containing 8 mg or more of Vitamin C. Juice (fruit or vegetable) may only be counted two times per week. Salad bar and/or fruit or vegetable items may be combined to meet the Vitamin C source requirement. List items offered on the salad bar and the planned serving size for the salad bar.
Four different entrees or meat/meat alternates are offered throughout each week.	When daily choices are not offered, higher fat entrée items are limited to once per week. When choices are offered, a student must be able to select a lower fat entrée each day. A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds and nut butters. A definition and examples of different entrees or meat/meat alternates is provided in the below referenced USDA Nutrient Guidance Attachment C.
Cooked legumes (dried beans or peas)- one or more servings offered each week.	Examples of legumes (dried beans and peas) are provided in the below referenced USDA Nutrient Guidance Attachment D.
Whole grain foods offered three or more times a week.	A whole grain food is one with a whole grain as the <i>primary</i> grain ingredient. See the USDA Nutrient Guidance Attachment E referenced below for guidance on whole grain products which meet the HealthierUS School Challenge. Submit ingredient statements, documentation and/or recipes for whole grain products.
Two or more sources of iron offered daily.	The below referenced USDA Nutrient Guidance Attachment F-1 should be used for determining portion sizes. Every child should have the opportunity to select two sources of iron from the day's menu. One item may count as two sources if it has 1.6 mg or more of iron.
Low-fat (1%) and/or skim (nonfat) milk offered daily.	

Based on the *HealthierUS School Challenge* Lunch Menu Criteria, Silver Level, March 2006.
HealthierUS Challenge Web site <http://www.teamnutrition.usda.gov/HealthierUS/index.html>
Specific USDA Nutrient Guidance related to the following menu criteria (including the referenced Attachments A-F1) are found at http://www.fns.usda.gov/tn/HealthierUS/food_guidance.pdf